

# Acton Senior Citizen News

Senior Center: 978-264-9643

## November 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

**The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720**

The Acton Council on Aging Board will meet on **Wednesday, November 10<sup>th</sup>**, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

**Don't forget to vote on Tuesday,  
November 2<sup>nd</sup>. Polls are open from  
7:00 a.m. to 8:00 p.m.**

### **Calendar of Events**

	<b>Page</b>
Nov. 1 <sup>st</sup> – Sign-ups for all items	
Nov. 1 <sup>st</sup> – “Shakers” Program	4
Nov. 2 <sup>nd</sup> – Presidential Election	1
Nov. 3 <sup>rd</sup> – Art Reception	3
Nov. 4 <sup>th</sup> – “Antiques Road Show”	1
Nov. 5 <sup>th</sup> – Podiatry Clinic	7
Nov. 9 <sup>th</sup> – Blood Pressure Clinic	7
Nov. 9 <sup>th</sup> – Peabody Essex Museum	8
Nov. 12 <sup>th</sup> – Men's Breakfast/Ladies Lunch	2
Nov. 15 <sup>th</sup> – “The Bookies” Book Group	4
Nov. 16 <sup>th</sup> – Cholesterol Clinic	7
Nov. 17 <sup>th</sup> – Thanksgiving Special Lunch	2
Nov. 17 <sup>th</sup> – Mel Simons Performance	1

### **Our Own “Traveling Road Show” with Antiques Appraiser Mary Westcott Thursday, November 4<sup>th</sup>, 1:00**

Back by very popular demand we welcome Mary Westcott and her antiques appraisal and estate sale expertise to the Acton Senior Center on **Thursday, November 4<sup>th</sup> from 1:00 to 3:00 p.m.** Bring one item you would like to learn more about and enjoy the afternoon as we share Mary's knowledge of your piece and learn its approximate value! The session will be arranged in a “theater” setting with Mary evaluating each item in a group. You may bring a photo of an item that is too large to bring to the Center. **You MUST be registered to attend this program; attendance will be taken. Call the COA office at (978) 264-9643. No jewelry or coins, please.**

### **Mel Simons**

#### **Humorist, Accordionist, Nostalgia**

**Wednesday, November 17<sup>th</sup>, 1:00 p.m.**

Join us for an hour of humor and a musical walk down memory lane with almost world famous Mel Simons; comedian, accordionist and entertainer! Mel Simons is well known for his appearance on WBZ late night radio as well as his variety of touring programs. This will be one of our biggest shows this year so don't miss the opportunity to laugh and reminisce! Why not enjoy the Thanksgiving holiday luncheon at the Senior Center prior to the performance? Make your luncheon reservations through the Minuteman Meal Site at (978) 263-5053 and reserve your seat for the Mel Simons show at (978) 264-9643.

### **Many, Many Thanks!**

#### **Acton-Boxborough Rotary Club**

#### **Colonial Spirit Chorus of Sweet Adelines**

Imagine cooking and serving over 100 chicken dinners every fall for 31 years! That's exactly what the Acton-Boxborough Rotary Club has done for the seniors of these two towns. On Sunday, October 17<sup>th</sup> the Rotary brought a great crew of cooks and set-up people, a clean-up crew and the talented Colonial Spirit Chorus to the Acton Senior Center for all to enjoy! It was a beautiful fall day topped off by a great meal and good friendship! Many thanks to the Rotary Club for their continued generosity, warmth and commitment to the seniors of Acton and Boxborough.

**The Acton Council on Aging wishes  
to thank and honor all veterans for  
their brave service to our country.**

### MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation, if needed.) **If you are unable to come to lunch, please call the meal-site to cancel your meal.**

The **November Birthday Lunch** will take place on **Wednesday, November 10<sup>th</sup>**. If you have a **November** birthday, please come for a complimentary lunch. **The Thanksgiving Special luncheon will be served on Wednesday, November 17<sup>th</sup>. Call to reserve at least 24 hours ahead!**

#### Men's Breakfast

**Friday, November 12<sup>th</sup>, 9:00 a.m.**

Join us for breakfast and conversation. ***Please call the COA office by Wednesday, November 10<sup>th</sup>, for a reservation; \$2.00 donation. Come enjoy a full breakfast with us!***

#### Ladies' Lunch

**Friday, November 12<sup>th</sup>, at 11:30 a.m.**

Please plan on joining us for a lamb stew and a light dessert with coffee and tea for \$3.00. Beth Petr of the "LTC Dad" project will share the heartwarming experience she is having connecting area organizations and individuals with American soldiers through this Acton based project. **Luncheon reservations must be received by noon on Tuesday, November 9<sup>th</sup>**; no reservations will be taken after that time. Call the COA office at (978) 264-9643 to reserve your spot. Please let us know if you can help with set-up or clean-up for the luncheon.

#### **Widows and Widowers**

**Friday, November 5<sup>th</sup>, 1:30- 3:00**

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Group members often arrange to meet once for lunch informally between meetings.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

**The Council on Aging and Acton Senior Center will be closed: Veteran's Day, Thursday, Nov. 11<sup>th</sup> Thanksgiving, Thursday and Friday, November 25<sup>th</sup> and 26<sup>th</sup>**

#### ASK THE LAWYER

**Attorney Leslie Madge**, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** by appointment at no charge to Acton seniors. Attorney Madge will be at the Senior Center on **November 22<sup>nd</sup> at 1:00 p.m.** Call the COA office to schedule a consultation.

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#### **Flu Clinic Information**

Due to shortage of the flu vaccine, the Acton Public Health Nursing Service will NOT be offering a flu clinic this year. If you have a chronic disease such as asthma, emphysema, diabetes or cardiac problems, please call your primary care physician.

Updates on flu vaccine availability will be posted on the town web site at [www.acton-ma.gov](http://www.acton-ma.gov), on local cable channel 61 and in local papers. The MA Dept. of Public Health has a toll free number for current flu information: 1-866-627-7968.

OF ALL THE SUGGESTIONS FOR HOW TO STAY AS HEALTHY AS POSSIBLE DURING THE COLD/FLU SEASON, THE MOST IMPORTANT IS: **WASH YOUR HANDS OFTEN.** Avoid close contact with anyone who has a cold or the flu and stay away from gatherings with large crowds during the flu/cold season when at all possible.

#### **"Non-Prescription Remedies for Pain...What Works, What Doesn't" Wednesday, November 17<sup>th</sup>, 10:00**

The Concord Council on Aging invites all interested Acton seniors to this program presented by David Freeman, M.D., Rheumatologist, Assistant Medical Director of the Arthritis Foundation. The program will be held from **10:00 to 11:00 a.m. at the Harvey Wheeler Senior Center, 1276 Main Street in**

**Concord.** No need to register and light refreshments will be supplied.

## **EXERCISE PROGRAMS**

\*\*\*\*\***Fall Aerobics Registration**\*\*\*\*\*

***Important: All students please note! Sign-ups for the upcoming winter session of all exercise classes start on Monday, November 1<sup>st</sup>. Classes do fill so call the COA office to check on availability and to sign up.***

**“Stretch and Flex” with Terri Zaborowski – Mondays from 8:45 to 9:45; through November 8<sup>th</sup>. You must sign up for the new session which starts on November 22<sup>nd</sup> and runs through January 10<sup>th</sup>. Start with a gentle exercise program and then progress to easy weight training with Therabands.**

**Aerobics with Terri Zaborowski-**

**“Senior Cardio-Flex”: Starts the week of November 29<sup>th</sup> and continues through week of January 31<sup>st</sup>.**

**Tuesday & Thursday (Nov. 30<sup>th</sup> – Feb. 3<sup>rd</sup>) from 9:00 to 10:00; or Wednesday & Friday (Dec. 1<sup>st</sup> – Feb. 4<sup>th</sup>, no class Dec. 24<sup>th</sup> or 31<sup>st</sup>) from 9:00 to 10:00.**

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

**“Beginner to Intermediate Stretch and Tone”:**

**Tuesday & Thursday (Nov. 30<sup>th</sup> – Feb. 3<sup>rd</sup>) 10:15 to 11:15.**

Same as above class, but at a lower-impact level.

## **Senior Center Art Display**

### **Local artists grace the COA walls!**

The original art works presented by Acton Seniors continue to be displayed at the Senior Center. We have enjoyed **Joanne Ehrenfried's** work through the month of October and are now pleased to announce the **works of Alice Brunton and Linda Gilberti**. Please enjoy the artwork at any time the living room is available, and plan to join us for a reception with Alice and Linda on **Wednesday, November 3<sup>rd</sup>, from 1:00 to 2:00 p.m.** Light refreshments will be served.

## **COA VAN SCHEDULE**

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents and is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

## **Durable Equipment Loan Cellar**

The Acton COA maintains a **cellar** of donated durable medical equipment **to be loaned out** to Acton seniors as needed. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed are **tub benches, shower chairs and raised toilet seats** and are often in short supply so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

***We appreciate all of your donations!***

***Please*** do not “drop off” donations without calling ahead.

**All donated equipment must be clean and in very good condition.**

**Currently, because we have so many, we do not need any additional commodes or walkers.**

***Thank you to all who have donated!***

**Available on loan:** Many **used books** all in good condition. They are shelved in the dining room. **Take as many as you want and keep as long as you like.**

**Also available on loan:** Many **VCR video tapes!** They are shelved next to the big screen TV in the living room. No rental fees, no return deadlines, no late fees! **Sign them out** and enjoy!

**Poetry at Acton Memorial Library**

**486 Main Street, Acton**

**Michael Cantor and Peter Desmond**

**Sunday, November 7<sup>th</sup> at 2:30 p.m.**

**Sponsored by the**

**Friends of the Acton Libraries.**

## **COA GROUPS AND CLASSES**

**All students must sign-up for classes. Call the COA office for space availability and to sign-up at (978) 264-9643.**

**MONDAYS – Bridge Class – Mondays from 10:00 to 12:00; through November 22<sup>nd</sup>. Class full.**

**Beginner's One-Stroke Decorative Painting: Mondays through November 22<sup>nd</sup> from 10:00 to 11:00 a.m.**

Instructor is Donna Lynch. Class full. No class on Nov. 8<sup>th</sup>.

**Advanced One-Stroke & Glass Painting:**

(pre-requisite is Beginner's Painting)

**Mondays through November 22<sup>nd</sup> from 9:00 to 11:00 a.m.** Instructor is Donna Lynch. Class full. No. class on Nov. 8<sup>th</sup>.

**Choral Singing – Monday, November 8<sup>th</sup> and 22<sup>nd</sup> from 1:00 – 2:15.** We sing for *FUN* and have a great pianist and song leader. Join us!

**MONDAYS AND FRIDAYS – POKER: 1:00; New players welcome!**

**“Shakers Come to Senior Center”**

**Monday, November 1<sup>st</sup>, at 1:00 p.m.**

Join us for this talented group of Concord area tambourine players as they entertain us with a repertoire of favorite songs and a little bit of showmanship! This is sure to be fun so call the COA office to reserve a seat and consider lunch at the meal-site beforehand.

**“The Bookies”** will meet on **Monday, November 15<sup>th</sup> at 1:00 to discuss “Fall on Your Knees”** by Ann-Marie McDonald (an Oprah Book); the leader will be Linda Taylor. Copies of this book may be available at the Acton Memorial Library. Please join us and consider bringing a friend! All seniors are welcome whether you have read the book or would just like to hear about it.

**TUESDAYS – Watercolor with Sue Nordhausen – Classes run through December 7<sup>th</sup>, from 1:30 to 3:00 p.m. No class on November 2<sup>nd</sup> and 23<sup>rd</sup>. Class full.**

**WEDNESDAYS – “Watercolor Class” with Cynthia Durost– through November 10<sup>th</sup> from 9:00 to 10:30 a.m. Class full.**

## **Greeting Card Workshops with Cynthia Durost**

Learn simple techniques to design your own holiday cards using watercolors, permanent markers or watercolor pencils to create original cards to send as a special present or duplicate to use as a holiday motif card. Bring your own paper, paints and brushes; markers provided.

**Wednesdays, November 17<sup>th</sup> and 24<sup>th</sup>, December 8<sup>th</sup> and 15<sup>th</sup>, from 9:00 – 11:00 a.m.** Call the COA office to register.

## **✂Acton Senior Quilters✂**

**WEDNESDAYS, 10:15 to Noon:** Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

**WEDNESDAYS – “Beginners Bridge”** with Ger Krabbendam. **Through November 17<sup>th</sup>; 10:15 to 11:45.** Class full.

**Ping-Pong/Pool:** every day after 12:30. We are always looking for new players! Please check COA calendar for dining room schedule conflicts.

**Knit & Crochet:** Join us **at 12:30 on Wednesdays, November 3<sup>rd</sup>, 10<sup>th</sup>, and 24<sup>th</sup>** as we work on our needlework projects and share ideas. Newcomers welcome!

## **Genealogy Group**

**Fridays, 1:30 to 3:00**

Please join us on **Friday, November 12<sup>th</sup> and 19<sup>th</sup>** in the Senior Center Living Room as our instructor, Suzanne Richardson, certified genealogist and group leader, help students to research and understand their ancestries.

## **Christmas Ornament Craft**

**Thursday, December 2nd, at 1:00 p.m.**

Come to the Senior Center to create your own painted Santa or snowman ornament. These are prepared fabric “star shaped” figures that just need your finishing touches. The pattern will be available for you to make more at home. Call the COA office to sign up and stop in to see samples of this fun and easy project! All supplies will be provided for this project.

**Senior Cinema: at 12:30 p.m.****Thursday, November 18<sup>th</sup>: "Raising Helen"**

Twenty-something Helen Harris is living the life she's always dreamed of, but her carefree lifestyle comes to a halt when one phone call changes everything. Helen soon finds herself responsible for her sister's children. The fun begins as Helen goes through the transformation from super hip to super mom. Along the way, she finds love in the most unusual place – with Dan Parker, the handsome pastor of the kids' new school. PG-13, 2004.

**Computer Tech Support**

Does your computer have a problem? Is your printer acting up? Do you need help installing software or getting something to run smoothly? Call the COA office and leave a brief message about the problem along with your name and phone number. Our tech support team will be in touch with you to see what we can do to help! Don't get frustrated, get computing!

**Lots of COA Volunteer Opportunities:**

<b>Wheel-A-Meal Drivers</b>	Office Support
<i>Handymen</i>	<i>Workshop Leaders</i>
<i>Newsletter Mailers</i>	<i>Group Leaders</i>
<i>Ladies Lunch Corps</i>	<i>Friendly Visitors</i>
<b>AND MORE!</b>	

We are ***always*** looking to add to both regular and substitute **Wheel-A-Meal Drivers**.

❖ **We have a few screws loose!** ❖

Our folding chairs need to have their screws tightened. Please call Carol if you have time to help with this project.

Please call **Carol Steiner** at the COA with **questions and/or to volunteer**.

**Friendly Visitor Meeting**

**Tuesday November 9, 1-2 p.m.**

We will be discussing current matches and, of course, our holiday party plans.

Please try to attend.

If you are interested in becoming a friendly visitor, please call Carol Steiner.

978-264-9643

**ACTON HANDYMAN PROGRAM**

The Acton Handyman Program, offered **entirely by volunteers**, is designed to help Acton seniors with **small** repairs and **simple** household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc.
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!

**Call the COA to request Handyman service.**

*This well used program should not be used in place of necessary professional services requiring licenses and permits, nor for the many tasks needed to set up a new household. We will try to offer the resources to find local services as necessary.*

**ABRHS Students' Leaf Raking Day**

The ABRHS Class of 2006 will be offering leaf raking on **Friday, November 19<sup>th</sup>** in the afternoon. The junior class has organized themselves to offer this wonderful service to Acton and Boxborough senior citizens. We are limited to bagging (bags provided by the homeowner) or raking into yard areas – the leaves cannot be removed. We will need to know name, address, phone, and any rakes or tarps, etc. you might have available.

**First come first served so call starting Monday, November 1<sup>st</sup>, (978) 264-9643.**

**Safety Sand 2004**

"Safety Sand for Seniors" is preparing to resume for this winter season. Safety Sand (salted Highway Dept. sand) is delivered in a 3-gallon plastic pail to your home by volunteers from the **Acton Boxborough High School**. Call the COA to request a sand-pail (or just a refill if you already have a pail from previous years). **November 11<sup>th</sup> is delivery/refill day.** Additional refills are available as the winter progresses. There are a limited number of pails so call soon. 978-264-9643

For more information on the Acton Council on Aging and the Senior Center go to <http://www.acton-ma.gov>. Our monthly newsletter is also available at this web site.



### **SMOC Fuel Assistance**

#### **Need help paying your heating bill?**

**New** applications for fuel assistance for 2004/2005 are being taken from **October 27<sup>th</sup> through April 30<sup>th</sup>**. If your yearly gross household is at or below the amounts listed, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size      Maximum gross income:

1	\$ 18,620
2	\$ 24,980
3	\$ 31,340
4	\$ 37,700

(call for income guidelines for larger families)  
Call Carol Steiner at the COA 978-264-9643 for more information.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**.

Contact Jean Fleming at the COA for information. (978) 264-9643

### **Health Insurance Counseling/SHINE**

The **SHINE Program** assists seniors with **health insurance and prescription drug concerns** and is administered by Minuteman Senior Services.

**Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service** and we will contact **Maryjane Costello**, the SHINE counselor for Acton.

**Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

### **Recreation Dept. Trips**

The Town Recreation Department has several trip offerings over the next two months including:

- Foxwoods Casino on Saturday, Nov. 6<sup>th</sup>
- New York City on Saturday, Dec. 11<sup>th</sup>
- Yankee Candle Shop/Bright Nights on Wednesday, Dec. 1<sup>st</sup>

For further information or to sign up for these trips call the Recreation Dept. at (978) 264-9608.

### **“La Boheme” in Acton**

**Friday, November 5<sup>th</sup> at 8:00 p.m.**

The Longwood Opera will perform Puccini's La Boheme at St. Matthew's Church on Central Street in Acton. The performance will be sung in English with piano accompaniment; the opera is fully staged and costumed. Tickets for seniors are \$15 and may be purchased at the door or at [www.home.earthlink.net/~brumit](http://www.home.earthlink.net/~brumit). For information call (781) 455-0960.

### **State of the Town Meeting**

The Board of Selectmen has decided to hold a “State of the Town” meeting on **December 1<sup>st</sup>, at 7:00 p.m. in the R.J. Grey Jr. High School Auditorium**. The purpose of the State of the Town meeting will be to provide a mechanism for the leadership of the Town to present its assessment of the current, near-term and long-term challenges confronting or likely to confront Acton. Most importantly, the meeting will be structured to provide the citizens the opportunity to comment, challenge, correct, or affirm assumptions about the things that matter most to the Town. Contact Town Manager, Don Johnson or Chair of the Board of Selectmen, F. Dore Hunter at (978) 264-9612 or via e-mail at [BOS@acton-ma.gov](mailto:BOS@acton-ma.gov) with questions or for further information.

### **Elizabeth White Fund Applications**

The trustees of the Elizabeth White Fund will soon be considering applications for limited funds available to Acton residents in need of some financial assistance, under the guidelines of the George Robert White will. Applications are available at the Senior Center, the Acton Housing Authority, both Acton libraries and the Town Clerk's office. Completed applications must be returned to the Town Clerk's office in Town Hall by Monday, November 15<sup>th</sup>. Checks will be mailed to award recipients in mid December.

**Please watch The Beacon newspaper for information about Acton's Veteran's Day celebration plans for Thursday, November 11<sup>th</sup>.**

### **SENIOR CENTER CLINICS**

**Hearing:** Thursday, November 18<sup>th</sup>; 1-3 p.m.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

**Please call to register.**

**Podiatry Clinic:** Friday, November 5<sup>th</sup>; 8-

10:00, sponsored by the Acton Nursing Service. **\$20.00\*** fee. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Burtoft, DPM, provides basic services such as evaluation and nail clipping. \*This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

**Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.**

**Cholesterol Screening:** The next clinic will be held on **Tuesday, November 16<sup>th</sup> from 9-12.** Please call the **Nursing Service at 978-264-9653** to schedule an appointment or if you have any questions. Fee \$10.00

**Blood Pressure:** Tuesday, November 9<sup>th</sup>, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

### **Benefit for Alzheimer's Association**

**Friday, November 5<sup>th</sup>, at 8:00 p.m.**

"An Evening with Elliot Steger and Trio" will take place on Friday evening, November 5<sup>th</sup>, at the National Heritage Museum, 33 Marrett Road (Rte. 2A) in Lexington. The proceeds from this concert, sponsored by the Liberty Alzheimer's Partnership, will benefit the Alzheimer's Association. Tickets are **\$20** and may be purchased at **The Minor Chord** in Acton. You may also call Jean Fleming at (978) 264-9643.

### **"You Deserve a Break Today"**

**Caring for Yourself as you Care for Others**

Cooperative Elder Services Adult Day Health Center of Concord is sponsoring this free workshop with Minuteman Senior Services on **Tuesday, November 16<sup>th</sup> from 3:30-5:00 p.m. at Cooperative Elder Services, 7 Chamberlin Drive, Concord** at the Newbury Court Assisted Living entrance on Old Road to Nine Acre Corner. **Call Pat Oliphant to reserve your space at (978) 318-0046.**

### **Alzheimer's Services**

**Alzheimer's Association Helpline**

**1-800-548-2111.** Available for calls 7 days a week, 24 hours a day.

**Monthly evening support groups:**

These two groups are open to family members and caregivers of someone with Alzheimer's Disease or other related dementias:

**1) Acton Senior Center, Wednesday, November 17<sup>th</sup>, 6:00 p.m.**

For information, call Jean Fleming at (978) 264-9643.

**2) The Inn at Robbins Brook on the 4<sup>th</sup> Tuesday of each month at 6:00 p.m.**

For information, call Joanne Shaughnessy at (978) 264-4666.

**Monthly morning caregivers support group:**

**3<sup>rd</sup> Tuesday of the month at 10:30 a.m..**

Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

**Early stage Patient and Carepartner**

**Support Group** Open to the person with early stage memory problems and their carepartners **First Tuesday of each month, 3:00-4:30 p.m.,** Concord Park Assisted Living Residence In West Concord

Call **Arlene Parillo at (781) 863-1166.**

**Cooperative Elder Services, Inc.** runs an **Adult Day Health and Alzheimer's Care Program** in Concord. Please call **Pat Oliphant at (978) 318-0046.**

**Minuteman Senior Services** provides, free **in-home consultations.** Please call **978-263-8720** for more information.

### **Metrowest Caregiver Support Project**

Minuteman Senior Services is offering in home caregiver consultation and training free of charge to any caregiver of a senior (60 and over) in this area. Michelle Hughes is a registered physical therapist with experience in a variety of health care settings and can help caregivers with concerns and questions about home safety, fall prevention, use of adaptive equipment, etc. Please call Minuteman Senior Services at (978) 263-8720 for more information or to request this service.

**COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.** If signing up for multiple trips please make separate checks for each.
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

Please call the COA office starting Monday, November 1<sup>st</sup>, to sign up for all trips, programs and classes.

**Reagle Players Christmas Show  
Sunday, December 5<sup>th</sup>, at 2:00 p.m.**

Join us for this wonderful annual theatrical performance. This high quality theater is just down the street in Waltham and we will have a great afternoon! The Reagle Players are nationally recognized and this is a wonderful way to celebrate the holidays! Save Monday and Tuesday evenings, December 6<sup>th</sup> and 7<sup>th</sup> if we need to use a snow-date. No refunds, sorry!

**COST: \$42.00**

**Depart: 1:00 p.m.** St. Elizabeth Church Lower Back Parking Lot

**Full payment due by November 12<sup>th</sup>.**

**Peabody Essex Museum and  
The Hawthorne Hotel  
Tuesday, November 9<sup>th</sup>**

Our trip will start with lunch at the Hawthorne Hotel in Salem. We will enjoy a choice of either Baked New England Scrod with Lemon Butter or Charbroiled Chicken Breast. We'll take a **brief walk up the street** to the Peabody Essex Museum to journey through four centuries of world exploration including artistry and architecture. We will enjoy two photography exhibits: "Sacred Places" by Kenro Izu and "Portraits of Native America" by Edward S. Curtis. In addition the group will be touring Yin Yu Tang; a Chinese House. Please call the COA office to register and make your luncheon choice.

**COST: \$42.00** (lunch, admission, bus, grat.)

**Depart: 10:45 a.m.** St. Elizabeth Church Lower Back Parking Lot

**Full payment due immediately.**

***COA Trip Certificates***

The certificate, available in various denominations, can be used on future trips of your choice. Please call the COA office at (978) 264-9643 for details. These certificates are available for purchase in the COA office during the entire year.

**"The Most Happy Fella"  
Theater III's Fall Production**

Join Theater III on Central Street in Acton for performances on **November 5<sup>th</sup>, 6<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup> or 20<sup>th</sup> at 8:00 p.m., a 3:00 p.m. matinee on Sunday, November 14<sup>th</sup> or their Open Dress Rehearsal for Seniors at 1:00 p.m. on Sunday, October 31<sup>st</sup>.** Come enjoy this musical comedy by Frank Loesser.

**The Concord Players and  
"Sundays in the Park George"**

While on the surface this show is about an artist trying to find his voice and reconcile his life with his art, beneath that layer the show explores man's challenges with juggling careers and sustaining relationships. Join us for **dress rehearsal on November 11<sup>th</sup> at 8:00 p.m. at 51 Walden Street, Concord.**



## **The Salvation Army is Recruiting Bell Ringers**

The Salvation Army is recruiting volunteers and some paid (\$6.50/hour) bell ringers for the 2004 annual holiday fund drive. If you have time and are willing to ring one hour a week or more, please call Dr. Mary Donald (978) 263-7855. The red kettles will be located in front of Donelans, Kmart, Roche Bros. and Stop and Shop. You can choose your location and hours. Please consider helping this organization that helps so many in need. The drive is from November 15<sup>th</sup> through December 24<sup>th</sup>.

### **GOING AWAY FOR THE WINTER?**

Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed on upcoming events and trips by calling your friends, the COA office or checking the Town of Acton website at [www.acton-ma.gov](http://www.acton-ma.gov). Please call us when you return so that we may put you back on our mailing list.

## **ACTON COUNCIL ON AGING**

**Town Hall, 472 Main Street  
Acton MA 01720  
Return Service Requested**

## **Acton Senior Quilters**

### **Raffle to Benefit Friends of the COA**

A gorgeous, hand appliquéd twin/full size quilt in the "Country Lanes" pattern will be raffled off on **December 15<sup>th</sup>** during the Holiday Luncheon at the Senior Center. The proceeds will benefit The Friends of the Acton Council on Aging, which supports many programs and classes at the Senior Center. **Tickets may be purchased for \$1.00 a piece or a booklet of 6 tickets for \$5.00.** Contact the COA office for information on how to purchase raffle tickets.

### **Sunday, October 31<sup>st</sup>**

***Time to change your clocks, put new batteries in your smoke detectors and update your File of Life!***

***A huge "thank you" to Life Care Center of Acton for our well attended and delicious lunch served on Friday, October 22<sup>nd</sup> here at the Senior Center.***

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